



SF OTAGO

Supporting Families in Mental Illness

www.supportingfamiliesotago.org.nz

Welcome to the **SUMMER** Issue December 2011

Family Support & Clubhouse are **FREE** services offered by SF Otago

Up and Coming Dates to Remember

DECEMBER 2011

- 1st Eating Disorder Support & Education Group
- 5th Mens Group
- 6th Activities Group
- 8th Support & Education Group - Xmas Dinner
- 15th Balclutha Support & Education Group
- 16th Kids Club - Xmas Party
- 21st Walking Group - final one for 2011

JANUARY 2012

- 18th Walking Group - first one for 2012

FEBRUARY 2012

- 2nd Eating Disorder Support & Education Group
- 7th Activities Group
- 9th Support & Education Group
- 13th Mens Group - moved from the 6th as that is Waitangi Day
- 14th CUMI
- 17th Kids Club
- 16th Balclutha Support & Education Group

*** Walking Group: Please note that the Walking Group is on every Wednesday 2pm WEATHER PERMITTING**

TAPESTRY CLUBHOUSE

Clubhouse is for people aged between 18-65 who use mental health services in the community.

You can learn skills by being involved in one of our teams:

- Garden and Maintenance
- Education & Employment
- Kitchen
- Administration and Clerical

TAPESTRY CLUBHOUSE

XMAS HOURS

Tapestry Clubhouse will be closed on Saturday 24th, Monday 26th, Tuesday 27th, Saturday 31st December 2011 and Monday 2nd & Tuesday 3rd January 2012

SF OTAGO BRANCH

XMAS HOURS

The Fieldwork and Branch office will be closed from mid-day 23rd December 2011 and will re-open Monday 9th January at 8:30am

In the case of an emergency please phone EPS on 474-0999

SF OTAGO BRANCH OFFICE

Address:
34 Prince Albert Road,
PO Box 4003,
St. Kilda,
DUNEDIN 9046

Office Hours: 8:30am - 4:30pm Monday to Friday
Telephone: (03) 455-5973
Fax: (03) 455-0035
E-mail: admin@sfotago.org.nz
Website: www.supportingfamiliesotago.org.nz

SOUTH OTAGO - (03) 418-4191

Calls will be automatically diverted to the Dunedin Office, at no cost to the caller

TAPESTRY CLUBHOUSE

HOURS

Mon	8:30am - 4:30pm
Tues	8:30am - 4:30pm
Wed	8:30am - 4:30pm
Thurs	8:30am - 4:30pm
Fri	8:30am - 8:00pm
Sat	10:00am - 3:00pm

Address:
2-4 Calder Street,
St. Kilda,
DUNEDIN 9012

Telephone: (03) 455-1873
Email: clubadmin@sfotago.org.nz

SIMPLY THE BEST

Second Hand Clothing Shop

Look out for our fantastic window displays.

Managed with tender loving care by our staff of volunteers

Open: Monday – Friday 10.00am to 3:30pm

30 Prince Albert Road
St. Kilda
DUNEDIN 9012
Telephone: (03) 455-5973

MEMBERSHIP

To be a financial member of SF Otago, please contact the SF Otago Branch Office for information and an application form. It is a great opportunity to support an organisation that supports people in the community who are going through a tough time in their lives.

\$20.00 for waged \$10.00 for unwaged

ACKNOWLEDGEMENT OF FUNDERS—THANK YOU

SF Otago would like to thank the following for their financial support, which enables SF Otago to continue its work.

- Southern District Health Board
- Ministry of Social Development
- NZ Lottery Grants Board
- Otago Community Trust
- Dunedin City Council Rates Relief
- NZ Post

Thank you all for your ongoing support. Plus a huge thank you to all those who gave donations, and to our volunteers that freely give of their time and energy so that things continue to run smoothly. Without your ongoing support SF Otago could not continue to provide the level of service that it presently offers.

FIELDWORK REPORT

Hello,

Welcome to the Summer Edition of the Newsletter. Isn't it great that the weather is getting better?

On the 13th October Fiona (fieldworker) was working at the Tapestry Clubhouse whilst staff were at training in Australia and offered to drive clubhouse members to their weekly soccer game, (which happened to be Mental Health Awareness Week).

A fun game had been organised between Tapestry Clubhouse and the PACT Group and due to a shortage of players she volunteered to play 'even though she knew she couldn't' and encouraged fellow fieldworker Maria to join the team.

When Fiona got out of the Tapestry van at the Edgar Centre she had not realised how high the van door was from the ground and fell and disappeared out of sight, after much laughter, Ray from clubhouse was a gentleman and helped her off the ground, the rest of the group wandered off into the Edgar Centre apparently unaware of Fiona's predicament.

Both teams were mixed with staff and members and it was a great game. Maria was the star goal keeper of the day showing excellent blocking skills and both fieldworkers offered to play again if Tapestry were short of players. It was good to get out in the community and have some fun for a worthy cause. See Photo on Page 7 of the newsletter.

CHRISTMAS DINNER

8 December

For Family Members

SF Otago will subsidise the cost of meals

Children Understanding Mental Illness (CUMI) Extension

Bernadette Berry, the clinical psychologist that created the CUMI programme is in the process of creating another programme which is the 'extension CUMI' for children who have already been through the CUMI programme. In term three Bernadette assisted by Rebecca (fieldworker) & Simone (student) ran a group with children who had all been through CUMI and this provided the basis to create the new programme.

CUMI 2012

We will be running CUMI term one next year starting on Tuesday 14th February 2012. It will run for 8 weeks between 3:30pm - 5:30pm. Registrations close on 7th February. Please contact us for more information on 455-5973 or fieldworker@sfotago.org.nz

EATING DISORDER WORKSHOPS

SF Otago has been hosting 'with the guidance of Trudy Dent' a 4 week workshop for families that have a loved one/whanau or friend with an eating disorder.

Trudy is the Southern Support Eating Disorders Service Co-ordinator based at Ashburn Clinic and it was her idea to facilitate a workshop to see if families in the Dunedin area were interested in starting a support group. Trudy invited speakers to talk to families which included a representative from Youth Specialty Services and a local GP that has a particular interest in patients with eating disorders. **A Support Group has now started**

The families that have come so far are thrilled to be part of a support group where they can offer peer support and look forward to coming next group on the 1st of December.

It is well understood that mental illness affects more than just the sufferer. The family of a person with mental illness may experience loss, grief, anger, frustration and much more in coming to terms with, or just dealing with the illness of a family member. Standard 10 of the Mental Health Act clearly acknowledges the importance of the family/Whanau in the support and recovery of the mentally ill person.

Fieldworkers work with the families of people who have mental illness and provide:

Support	Information	Education	Advocacy
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OTAGO REGIONAL FAMILY WHANAU NETWORK MEETINGS

Are you a family member who wants to have a say about what is happening in Mental Health Services in the Otago area? Come along to the Family/Whanau Network Meetings.

These meetings are part of a series of meetings facilitated by Supporting Families Otago. The Family/Whanau Network meetings are to capture regional information from families to report to the District Health Board.

As this meeting is a family-led initiative, the agenda will be formulated at each meeting. Topics should include: what is working well in mental health for families in Otago and what issues need to be reported back to the Southern District Health Board and the Ministry of Health. All families and family representatives from the greater Otago Region are welcome to attend.

There has been a great turnout of families and agencies that are working with or in mental health. We will keep you informed of what is discussed in these meetings by uploading the minutes to the SF Otago Website.

WHEN: 12 noon, 8th December 2011 (12pm for light lunch, 12:30pm meeting starts)

WHERE: SF Otago 34 Prince Albert Road Dunedin (corner of Calder St)

RSVP: Please confirm your attendance by Tuesday, 6th December 2011 for catering Purposes. Phone: 03-455-5973 or email: fieldworker@sfotago.org.nz

ESTATE GIVING

If you would like to support the work of SF Otago Branch Inc., to improve the mental health and well being of people in Otago, you should contact your solicitor and ask that the following clause be inserted in your will:

I give and bequeath to Supporting Families in Mental Illness Otago Branch Inc. the sum of \$... (or a share of the estate). I declare that the receipt of the Chairman or Manager of Supporting Families in Mental Illness Otago Branch Inc. shall be complete discharge to my trustees for the same.

Bequests can be made in cash, shares, real estate or other property and can be made by way of gift during your lifetime or can be bequeathed in your will. Bequests are free of estate duty.



The Tapestry Clubhouse training Team in Brisbane attending the farewell dinner after 3 weeks of action planning as they work towards International Clubhouse Accreditation.

The team that we had were fantastic and they have been really supportive and are working closely with us as we put all the planning into action.

We look forward to seeing the Stepping Stones team when they come and visit us in march

SUPPORT/EDUCATION GROUPS

ENERGY FOR LIFE PROGRAMME

This six week programme is designed for family members of those with mental illness, the focus of the program being, 'caring for the carer starts with you'. The focus is on understanding yourself and your life and how to make the most of it. It is also a time to meet other people in similar situations and have some peer support.

This course is run several times a year. Please ring and register your interest.

CUMI – Children Understanding Mental Illness

This is an 8 week course for children aged between 6-10 years.

CUMI will provide children with information about mental illness and give them 'life enhancement skills' which enable them to understand the impact of mental illness in their family/Whanau environment.

The group runs during term time on a Tuesday 3.30pm – 5.00pm at the SF Otago

KIDS CLUB

This a casual get together for the kids who have been through our children's group. The focus of this is peer support and FUN! We provide a snack and have great activities like movies, games, art and trips.

Fortnightly on Fridays from 3.30pm – 5:30pm at the SF Otago Office.

TEENS – Teens Support and Education Group

Teen support group designed to provide those between the ages of 12 to 17 years with support, education and information who have a loved one with a major mental illness.

The group is not currently running at the moment but it would be good to have it up and running again so please register your interest as it will assist us with planning.

SUPPORT/EDUCATION GROUPS

Support/Education meetings are a vital part of our mission to provide information about mental illness, treatment options and other mental health services available in our region. These groups provide a support network providing opportunity to share experiences and gain strength to cope with daily living.

DUNEDIN: Evening: The 2nd Thursday of the month, SF Otago office 6-8pm

Afternoon: The 4th Thursday of the month, SF Otago office 1:30-3pm

MILTON: The 3rd Thursday of the month, at 80 Union St 10-11.30am

BALCLUTHA: The 3rd Thursday at Clutha Mental Health 1.30-3.00pm.

WALKING GROUP

This is a weekly walking group open to family members to come and join Fiona for a gentle walk and good conversation and peer support. Come for a walk when you feel like it or come every week. For more information contact your Fieldworker.

Leaving from the SF Otago office at 2pm Wednesdays.

ACTIVITY GROUP

To provide family members with a variety of meaningful leisure activities and learning opportunities that enable a balance between physical and mental health needs.

Any suggestions for activities most welcome.

This group runs every Tuesday Evening from 6-8pm at the SF Otago Office.

Please ring to confirm your attendance.

MEN'S GROUP

This is a chance for men to get together to discuss the specific issues relevant to men supporting family members who have a mental illness.

The 1st Monday of each month 6.00pm*

*if it is a public holiday it will be held the next Monday

TAPESTRY CLUBHOUSE



Where the threads
of life come together

Tapestry Clubhouse is a genuine empowering place for people living in the community with mental illness. Members are involved in all aspects of clubhouse operations, planning, decision making and in management of their own rehabilitation, to experience a genuine sense of belonging.

Tapestry Clubhouse is a hive of industry at the moment, with members getting involved in all aspects of Clubhouse life. We have plenty for members to do with the garden growing madly with the warm weather and rain we have been having, plus the kitchen producing 10-15 meals at lunchtime. Our numbers each day have been rising, we have had three days this week where we have had over thirty members through the doors.

Fundraising for Conference

We had such a successful fundraising garage sale in October we are holding another on December the 10th. We are receiving donations almost daily but there is always room for more if you have something you wish to donate. You can drop them off at 2 Calder Street or we can pick them up, just call 455-1873.

We also have a Hamper and Christmas cake raffle, tickets are \$1.00 each.

On December the 16th we are having a Xmas social for members. \$2.00 entry fee, for BBQ and a small supper.

We recently purchased a new barbecue and it is getting a lot of use although every time we plan a barbie the weather is against us, luckily we have a good size deck so we don't have to cancel. There would be a lot of disappointed members if we did have to.

The radio show team has done us proud by winning two awards at the Otago Access Radio station awards night. We are on air every second Thursday from 1.30-2.30 pm so tune in and have a listen. We play a wide selection of music and will keep you up to date with what is happening at Clubhouse.

Bernie—Tapestry Team leader

Tasks the Members may undertake:

Garden and Maintenance

- Upkeep of house, including:
- Maintenance
- Recycling
- Managing the vegetable gardens
- Managing the flower gardens
- Mowing lawns
- Outreach
- Safety checks
- Planning work related goals
- Vehicle upkeep
- Community Gardening
- Small workshop projects

Employment and Education:

- Individual goal setting
- Job search
- CV development
- Employment skill club
- Further education options
- Employment and education
- Support meetings
- Support and Advocacy with Work and Income, IRD and Housing NZ
- Transitional Employment Programme
- Supported Employment
- Independent Employment

Administration:

- Reception duties
- Ensuring members sign in
- Managing phones
- Recording weekly statistics
- Account keeping
- Word processing
- Newsletter Publication
- Outreach
- Up grading computer skills
- Email
- CV writing
- Computer training
- Book keeping
- Work related goal planning

Clubhouse is run by members for members.

Members are involved in all aspects of clubhouse; operations, planning and decision making. Staff are always there to help.

Member Services:

- Menu planning
- Shopping
- Food preparation and serving
- Health promotion
- Community links (i.e. guest speakers)
- Radio show production

COME ALONG AND CHECK US OUT

Would you like to be involved with us? Give us a ring and book a time to come in for the guided tour, a coffee and a chat. We would really like to see you.

We welcome the opportunity to provide guest speakers or education information material to any group or organisation.

TAPESTRY CLUBHOUSE ACTIVITIES

The awesome Tapestry Radio show team won two awards recently. Pat Tillard did a fantastic job accepting the awards on behalf of the team. The awards are very much a reflection of all the hard work that has gone into preparing and presenting the radio show



**Jumbo Cookies from
Couplands**
available from
"Simply the Best" Op Shop
or Tapestry Clubhouse
chocolate chip, black forest, apricot
and yoghurt, afghans and trail mix.
\$1.50



The Fieldworkers helping out the Tapestry Clubhouse soccer team in times of need

GARAGE SALE
Tapestry Clubhouse
December 10th
10am-1pm
Any donations would be greatly appreciated and you can drop these off at the clubhouse
Mon-Fri 8:30-4:30

SIMPLY THE BEST – OP SHOP

Come and say hello to our great team in the shop, feel free to browse and no doubt you will leave with goodies galore!! Donations for the shop are always greatly appreciated we're always needing *clothes, books; linen and knickknacks* please contact us if you need assistance with this. We are also more than happy to come and pick up donations.

Open: Monday – Friday 10.00am to 3:30pm



Simply the Best
34 Prince Albert Road
St. Kilda
DUNEDIN
Phone: 455 5973



Donations Please

Are you having a clear out of things that other people might use (clothing, knick-knacks etc...)? Then please donate it to our op-shop (Simply the Best, located beside our offices on the corner of Prince Albert Road and Calder St). You can drop it off or if you need assistance please phone 455-1873.

RECIPES

Courtesy of Maria & Jackie

CHEESE ROLLS

1 Can Nestle Reduced Cream
1 Packet of Onion Soup Mix
1 1/2 Cups of Grated Cheese
A little Lemon Juice or Vinegar

Mix altogether & spread on fresh sandwich bread & fold into cheese rolls.

DRAMBUIE TRUFFLES

Melt in a bowl over a pan of hot water:

4ozs plain chocolate
3 tbsp Drambuie

Then take off heat and stir in:

1/2 oz butter
2ozs icing sugar
2ozs ground almonds
1oz raisins (chopped small)

Mix well and leave to cool a little
Divide the mixture into even sized pieces and roll into balls - 16 or so

Coat in choc vermicelli (choc hail)

ENJOY!!!!



The Library



Open. Mon-Fri 8:30-4:30pm - at the SF Otago office.

BOOKS, DVDs, VIDEO tapes are available for loan. The topics are many and varied with the focus being on Mental Health. There is no charge to take resources out on loan. We only ask that you return the book or material within 3 weeks so others can benefit.

**IF YOU HAVE ANY OF OUR LIBRARY RESOURCES OUT ON LOAN PLEASE
SEE THAT THEY ARE RETURNED
WE CURRENTLY HAVE SOME OUTSTANDING**



SF Otago SUNFLOWER HANDBOOK

The Sunflower Handbook,

SF Otago's Guide to Health, Happiness and Energy for Living



Checkout our website for more information

www.supportingfamiliesotago.org.nz as to what new inserts will be available for purchase.

SF Otago Complaints Procedure

Your Complaint is Important to us

- SF Otago is committed to treating your complaint or concern seriously and responding promptly and fairly.
- Every complaint or concern is an opportunity to address how we do things and how we can improve.
- We will investigate your complaint or concern and ensure that it is addressed appropriately.

How to Complain

- In most cases your first expression of concern will be to an SF Otago staff member (Fieldworker, Clubhouse Staff Member or the Manager) who will record and attempt to resolve your complaint or concern.
- If the matter is not resolved at this time then your complaint or concern will be addressed by the SF Otago Manager and/or the Executive Committee as appropriate.

SF Otago has a detailed Complaints Resolution Procedure that you can ask for at any time (whether or not you have a complaint or concern). This may be requested through any staff member.

It is important that we know about any complaint or concern you may have at the earliest opportunity so that we can respond promptly. Knowing about your concerns is a valuable way for us to improve our service to you and others.

If undelivered please return to:

**PO Box 4003
St Kilda
DUNEDIN 9046**